

Back To Health and Living SDC News Letter



Clarksburg WV

DATE: May 13, 2004 L3

WEEKLY MEETING:

BHLC SDC

**FIRST BAPTIST CHURCH NUTTER
FORT**

219 Maryland Avenue

AGENDA – THURSDAY May 13, 2004

- I. 5:00 Exercise**
- II. 6:00 Stress Management**
- III. 7:00 Group**
- IV. 7:30 Pot Luck**

EDITORIAL: Facts

The Lifestyle Heart Trial demonstrated that intensive lifestyle changes may lead to regression of coronary atherosclerosis after one year. More regression of coronary atherosclerosis occurred after 5 years than after 1 year. From JAMA. These facts are the reason for the SDC Self Directed Community. To reverse heart disease we need to make a decision to comment to a life style change for the remainder of our life.

SDC:

The Clarksburg SDC will be discussing the yearly election of Officers at the next business meeting. Also we will be taking additional suggestions for the yearly SDC meeting and who will host the meeting. We met our goal for March all Modality Adherence figures were all above 80%. We measure success as a journey and not a destination.

UNITED HOSPITAL NEWS:

Cohort 8 has started at the Hospital and anyone in the SDC is welcome to attend a Tuesday meeting to discuss the SDC with the new cohort. Please contact Frank Taylor for details.

RECIPES: Zucchini Brownies

By: Mike and Mickey Nardella

2 cups grated zucchini
½ cup mashed ripe banana
1 teaspoons vanilla
1 cups unbleached all purpose flour
¾ cup sugar
½ cup carob powder
1 ½ teaspoons baking soda
1 teaspoon salt

Confectioners sugar, sifted

Preheat oven to 350 degrees. In a large bowl, combine zucchini, banana, vanilla and 1 tablespoon water. In a medium bowl, stir flour, sugar, carob powder, baking soda, and salt. Add dry ingredients to wet and mix until blended. Batter will be stiff. Spread in 9x13 baking dish, either nonstick or lightly sprayed with nonstick spray. Bake until toothpick comes clean, about 35 minutes. Cool, dust lightly with confectioner's sugar.

COMMENTS: Madeline Hefner

I became interested in the program because of my family history on both sides. Since I started in July, I have lost 20 pounds, reduced two of my medications and my blood work has greatly improved. My blood pressure is now normal, my cholesterol down to 153 and I feel much better. Sense giving up fat and meat, I haven't have heartburn at all - I used to have it every day. It isn't that hard to do once you get used to cooking a different way. You get plenty to eat and it's good. It is an exciting program and on that you can live with the rest of your life. I am a believer!